



Bedford Recreation Department

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Kids Cooking Green

Kids Cooking Green:

Lexington, Massachusetts

www.KidsCookingGreen.com

Lori Deliso

Lori is one of the Co-Founders of the Lexington Farmers' Market and is responsible for overseeing all daily operations of the market. Lori is the Co-Chair of the Kids Cooking Green Program, with Liza Connolly. Lori has been teaching cooking classes to children aged 7-13 for several years in after school programs in Bedford, Lexington and surrounding towns. The classes stress real cooking, hands on recipes, and emphasize the importance of local food, food as a social experience, nutrition and how our choice can impact our environment.

Lori is a graduate of the University of Massachusetts at Amherst with a B.A. in English, and The New England Culinary Institute in Montpelier, Vermont, a 2 year Culinary Arts School. She owned and operated *Sweet Deliverance Catering* in Winchester, Ma., for 5 years, and was co-owner, of *Noodles Café*. She and her husband are currently co-owners of Dave's Fresh Pasta Shop in Somerville, Massachusetts.

The collaboration of The Lexington Farmers Market and the Kids Cooking Green program is an exceptional opportunity for Lori to complete a full circle of education with children about the importance of local food, farming, nutrition and the value of sitting down with family and friends and eating a meal together.

Liza Connolly

Liza Connolly is a graduate of Mount Holyoke College with a BA in Psychology. After 2 years of research in the field, with the goal of graduate school in mind, her gut instinct was strongly opposed. Consequently, she ended up chopping vegetables and making pizzas for Todd English at Michela's Restaurant in 1986. The inspired palate of Todd English wowed Liza; which drove her to work full

time while pursuing a culinary degree at The Cambridge School of Culinary Arts. She continued to follow in Todds' footsteps by doing a culinary stage at 4 restaurants in Northern Italy. Her time in Italy proved not to be enough, so Liza persuaded her fiancé to move to Rome for a year after they had married. Once living in a hill town outside the city, she picked grapes with the farm hands during vendemia, cooked and shopped with a grandmother who specialized in local peasant foods, trained at a restaurant in Venice and baked artisanal breads at a neighborhood bakery. Upon her return to the States, she joined Todd at Olives and Figs for many years. Prior to having 2 children, Liza was the chef at Davio's Restaurant for 3 years. Once she had her family, they became her priority, as being a stay-at-home mom had been her dream since she was 10 years old.

As a stay-at-home mom she has been involved with many volunteer activities at the Bridge School in Lexington. She organized a Bridge School International cookbook, which profits will be supporting a vegetable garden at Bridge School this Spring. She has volunteered at the Lexington Farmers market for 6 years.